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Bangalore Mirror

TEMP Max 26 | Min 17 | Humidity 70% Clear with periodic clouds Sensex 58,283 | Nifty 17,368 | Gold 48,252 | Silver 61,567 | Dollar 75.74 | Euro 85.52 | GBP 100.44

WHAT'S IN A NAME?

When it comes to Lalbagh, romantic theories surrounding Tipu Sultan and Kempegowda come to mind

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House of 52 top companies of a sizeable worth, city is second most valuable in the country

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Once an addict disowned by kin, Lakshminarayana now runs a refuge for Bengaluru's lost souls

THE MENTALIST

Majority referred are alcoholics or drug addicts

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When dealing with mentally challenged citizens disowned by their kin, psychiatrists at NIMHANS and the city police are seeking the services of a 65-year-old man running a de-addiction and counselling centre in Virgonagar, Avalahalli.

A majority of the patients are alcoholics or drug addicts left abandoned at hospitals or city streets. Lakshminarayana welcomes these destitute individuals at the Sumana Ellen Trust.

He procures the required medications from NIMHANS, and counsels both the patient and kin — at times convincing families to welcome their relatives back home.

Lakshminarayana was successful in reuniting three such mentally challenged citizens who have now nearly recovered under his care, with their families.

Lakshminarayana feels excited and takes it up as a challenge to trace the patient's kin.

Around three months ago, doctors at NIMHANS informed him about a schizophrenic male, Ramesh Kumar*, treated for the past three years at NIMHANS. As Ramesh's family had disowned him, there was nowhere the hospital could send him. Lakshminarayana, on September 3, brought Ramesh Kumar to Sumana Ellen along with his prescribed medications which he continued alongside counselling for three months. "As Ramesh just arrived here, when I would ask his age, he would say 2 years, 9 months

CONTINUED ON PAGE 6 »

> **"Ramesh's uncle has offered to come and meet him; talk to his mother and elder brother in the village to take him home**
> — Lakshminarayana

PIC FOR ILLUSTRATIVE PURPOSES ONLY

Vaxxed, really?

Many unable to download vaccination certificates once they change mobile numbers

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Sharanamma (33) is a resident of Varthur. She works as a domestic help, and had received the second dose of the vaccine on August 18. Two weeks later her mobile phone broke. She left it for a few months as she could not get it repaired.

She had changed her contact number after some time.

Now, Sharanamma is running pillar to post to get her vaccination certificate.

She is not able to download the certificate. With no vaccination certificate, she is not able to resume her work — or enter supermarkets or houses where she works as a help.

Many like Sharanamma who changed their contact numbers do not know how to get their vaccination certificates without receiving the OTP on the registered mobile number.

"The sim card was in the name of my previous employer in my village. As I had not recharged my phone for a while, the sim card was deactivated. I did not know that I had to download the certificate and keep it with me but now everywhere they ask me for the certificate. I work in different apartments as a domestic help — they are not allowing me to enter the building without the certificate. No one asked us to keep a copy for future reference or told us it was important. I went to the nearest Public Health Centre but they sent me away

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Festive-flavoured fun

Explore your love for food at Foodhall's Weekend of Plenty. This weekend, it's supposed to be festive too and is called 'The Claus' Wonderland'. Foodhall has curated an experiential shopping weekend with an exciting line-up of masterclasses, enticing pop-up menus and holiday-themed sweet treats for you to enjoy. To compliment the shopping atmosphere, indulge in cold festive beverages or warm hot chocolate.
The event also features a line-up of fun and experiential pop-ups which includes Christmas-themed cookies by Freddie's Baking Studio. The event will also showcase chocolate bombs (dark chocolate filled with marshmallows) and an edible gingerbread tree. If you visit on the 19th, a Christmas treasure hunt awaits you. Christmas carols will also keep you company on both 18th and 19th between 5 and 7 pm. The event also features a coffee brewing masterclass by Maverick & Farmer. A 0DIY Xmas Cookie kit with sprinkles and icing will also be available at the venue.
Where: Foodhall at 1MG; When: December 17 to 19

02 Wit comic energy

Indian Institute of Cartoonists is organising 'WITTY WORLD', an exhibition of cartoons by an Austrian cartoonist, Klaus Pitter at the cartoon gallery.
Pitter, born 1947, is a famous Austrian cartoonist. He has studied graphic arts at the University of Applied Arts in Vienna and lives in Vienna as a freelance cartoonist and Illustrator. He has illustrated a series of books on environmental education and many schoolbooks. He has also illustrated several cartoon and comic books. His drawings are regularly published in the Austrian magazine "konsument". Come, take a look at his art.
Where: Indian Cartoon Gallery, No.1, Midford House, Midford Garden; When: Until December 25, 10 am to 6 pm (everyday except Sundays)

03 Films for thought

The Kirloskar Vasundhara International Film Festival showcases thought-provoking films about flourishing nature, nutritious food and a healthy society.
It will showcase how our modern way of living is affecting our planet, our food and our lives while causing irreparable damage to the future generations. The films have been carefully curated to create a sense of urgency, evoke conversations and inspire action.
When: December 14 to 17, 11 am to 3.30 pm and 6 pm to 10.30 pm; Register: insider.in

What's in a name?

When it comes to Lalbagh, romantic theories surrounding Tipu Sultan and Kempegowda come to mind

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After Cleghorn named the garden Lalbagh, no changes were made to the name. Every official document has recorded it under the name, Lalbagh

Lalbagh Botanical Garden has so much to do with the city's reputation as the 'Garden City'. It is one of the most popular and well-known parks located in the city. Despite being a popular location, many still do not know the significance of its name.

There is a definitive answer but there are various theories about this. Historians tell us how there was originally a Lalbagh in Srirangapatna which was originally set up by Hyder Ali at the Summer Palace but later almost destroyed during war. This garden was made similar to Mughal gardens and horticultural wealth was added to it by Tipu Sultan.

'Bagh' translates to garden but when it comes to 'Lal' people are still debating where it was derived from. There are many oral tales and stories attributed to the name Lalbagh. Historically, the park has had different names over time. According to the book Lalbagh Sultans' Garden to Public Park written by Vijay R Thiruvady, the earliest name of the garden was given in 1792 in a painting by Colonel Claude Martin as Cypress Garden of Tipoo which was also referred similarly as Cypress Garden by Robert Hyde Colebrook's painting in 1793.

Similarly James Hunter in 1805 called it Rose and Cypress Garden. Other names mentioned in the book and throughout history would include Francis Buchanan calling it Mussalman's Garden in 1800 and Benjamin Heyne calling it Sultans' Garden later. It was also called Garden of Waugh and again as Major Waugh's Garden. CT Metcalfe secretary of Government at Fort William, Calcutta called it Garden of Bangalore which was also how Col Munro referred to it in 1836. Only in 1856, Dr Cleghorn who was a Conservator of Forests with the Madras Government for the first time referred to it at Lal Bagh and at the same time it was declared a botanical and horticulture garden.

Lal and Bagh were combined and it is now known as Lalbagh. As mentioned earlier the logic behind the prefix Lal is debatable and is not clearly mentioned in any book as of now. The three most popular claims by historians are... Firstly, the name 'Lal' comes from the floral composition of the garden. On the other hand, it also means beloved. It is said it could've been named after Hyder Ali's mother Lal Bi. Another theory is that it could have been a translation of the word 'Kempu Totha' to English.

Thiruvady tells BM, "The most popular sources claim that the name is derived from Lalbagh in Murshidabad, West Bengal. But the one in Murshidabad was named Lalbagh 20 years after the Lalbagh in Bengaluru was made." He disputes the name being taken from the structure in Murshidabad. He mentions that in his book's introduction that Arun Pai makes the connection that the place would have been called Kemputotha in Kannada and Cleghorn who was the superintendent probably called it the same and again if translated, it would mean Lalbagh.

After Cleghorn named it Lalbagh there were no changes and in every official document it was called as Lalbagh. "People have used different names from time to time but at the end everyone was referring to the same stretch of land," he added.

Historian and Architect Mansoor Ali asked a question about it on Facebook and netizens came up with their own theories behind the prefix 'Lal'. One popular claim is that it's because of the red loamy soil.

Many stories revolved around Tipu Sultan's childhood. Some say 'Lal' was used by Hyder Ali to call Tipu Sultan and he would have called out to Sultan, "Mere Lal Bhag" as in "My dear tiger", which must have been overheard and interpreted to be the name of the garden! One claim suggests that this was a birthday gift for Sultan and when he was asked what they should name it, he had replied "Lalbagh". Another claim is that when he was a child he visited the garden and saw the red flowers and said "Waah Lal". Similarly another story tells us how Tipu saw Red flowers in Srirangapatna and called it Lal or "Lal ka bagh".

Other claims were derived from the redness of the garden's floral composition and probably from the oral stories of Sultan that it was named after the red trees or gulmohar trees or rose shrubs in the garden. This theory is also something a lot of guides in the city claim to be true.

When Mansoor Ali was asked about the origin of the name he mentioned how the reason behind the choice of the prefix was not mentioned in almost any book out there about the history of Lalbagh. In his opinion, the name was based upon Hyder Ali's mother Majida Begum whose alias was Lal Bi where Lal meant beloved and Bi which is a short form of "Bibi" that was a common term used for women in Muslim households of the South. The original Lalbagh in Srirangapatna was with the Lal Mahal palace, all of which is named after Tipu's grandmother. He mentions, "I have lived all my life next to Lalbagh & wondered what Lal was about, when most of it is green. That's when I went along with a journalist and found an elderly man who referred to Lal Bi. Yet surprisingly her grave doesn't refer to this name." Another claim by some historians is that Lalbagh was originally constructed by Kempegowda and was known as Huvina Totha. This was further added with the Dry Mango Orchard nearby known as Mavina Totha. The whole area was then called as Kempu Totha in the local language Kannada. And if translated from Kannada the name would mean Red Garden or Lalbagh.

Historian Suresh Jayaram said, "It is what people want to attribute the garden to. Some want to attribute it to the red rose, some to Hyder Ali's mother and others want to attribute it to the founder Kempegowda." With different oral references let's say the origin of 'Lal' might remain debatable but definitely does add to the beauty of Lalbagh.

> **"Some want to attribute it to the red rose, some to Hyder Ali's mother and others want to attribute it to the founder Kempegowda**
>
> – Suresh Jayaram, Historian

Not to be 'burden', man kills disabled child, self

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A father killed his ten-year-old differently abled son by drowning him in a water sump inside their house in Sampangirama Nagar and later ran away from his house before killing himself outside an abandoned shed in Sheshadripuram.

The boy has been identified as Uday Sai, who was mute and visually challenged. Sai was the only son of couple Suresh, 40, and Lakshmi, 35. The family was living in a rented house in Sampangiram Nagar. Police said that Lakshmi used to work as a teacher before but had to quit her job to take care of her son while Suresh was an auto driver.

According to the police, the incident took place on Monday between 6:30 and 7 am when Suresh woke up. He uncovered the water sump lid, took his asleep son and dropped him into the sump before closing the lid and running away.

Auto driver had found out he needs surgery for spinal cord injury and did not want his 10-yr-old mute, visually challenged boy and himself to be a burden on his wife

He went to an empty plot on platform road in Seshadripuram next to the underpass towards Majestic where he found an abandoned shed and hung himself near it. Police said Suresh had a spinal cord injury and was advised to undergo an operation immediately. Due to the pandemic, his work had taken a hit and he was in a financial crisis.

Lakshmi told the police he was depressed on hearing that he needs an operation and told her a couple of times that he and his son would end their lives so she could live on without them becoming a burden to her. "But, she had not taken it seriously and on Monday morning when she could not find father and son, she started to fear the worst. She searched everywhere in the house and opened the sump to see her son's body. As the boy was mute, he could not call for help and couldn't be saved," said an officer. The Seshadripuram police said that later, the public who noticed Suresh's body, informed the jurisdictional police who rushed to the spot and shifted his body for post mortem. Sampangiramanagar police have taken up a case of murder against Suresh while Seshadripuram police have registered a case of abetment of suicide.

SKIN BANK TO THE RESCUE

Skin bank at Victoria Hospital had received highest number of donations after death of actor Puneeth Rajkumar due to awareness created at the time

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The lone survivor of the tragic IAF chopper crash Group Captain Varun Singh received cadaver skin for the severe burn injuries which was sent from the skin bank at the Victoria Hospital to the IAF Command hospital on Sunday. The skin bank which was running low on donations, had received the highest number of donations post the actor Puneeth Rajkumar's death due to more awareness created during that time.

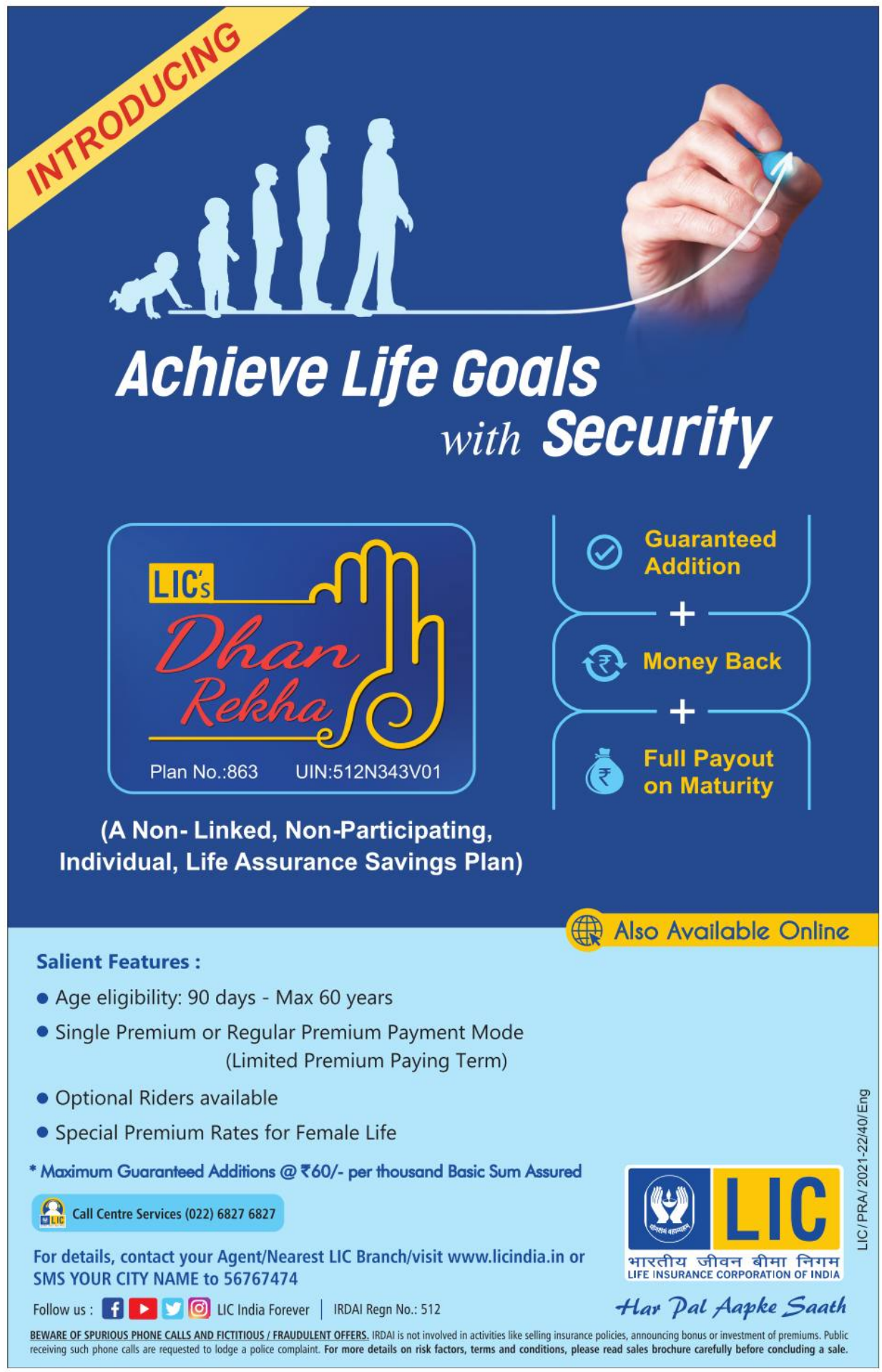
TREATMENT FOR A BRAVEHEART GOES ON

Varun Singh is currently undergoing treatment for serious burn injuries and is getting skin grafting done at the Command Hospital.

An official from the Skin Bank said that they have always been running low on cadaver skin and due to the pandemic, it had become even more difficult to get donors. "On Sunday, we received a request from the Command hospital for skin and we immediately sent out the required cadaver for skin grafting. This is the first time we have received six donations and we believe that the campaigns on awareness of skin donations post the actor Puneeth Rajkumar's death, really helped and more people came forward to donate," he said. He said though it would take a few more weeks to process and use the skin, by that time they could arrange for more skin from other skin banks in Mumbai or Chennai.

Dr Gunasekar Vuppalapati, Senior Plastic Surgeon, GVG Invivo Hospital, founder chairman, who has worked for NHS UK that he has seen that 93% of burn injury patients survive for weeks whereas in India over 20 per cent burn patients in most instances don't make it. He said that when he first received the information about Singh being shifted from Wellington hospital to Command Hospital, he called the Skin Bank to check on the availability in case there is a request from the Command Hospital.

He said, "Still there is very little awareness about the Skin Bank and thus donation is also very less. Although the bank received many skin donations after the eye donation by Kannada Star Puneeth Rajkumar, the skin received from skin donations cannot be used directly as it must go through a process of chemical and microbial cleansing which takes a minimum of eight weeks. Before the skin is issued by the skin bank to a burns patient treatment, it must be tested to be clear of any microbial contamination."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How to rescue a lake

Junnasandra Lake barely contains any water but is filled with litter and plagued with other issues... Residents, BBMP are working towards a solution

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Junnasandra Lake near KPC Layout has been in a bad state for the past four years. Due to many complaints from residents, Bruhat Bengaluru Mahanagara Palike's (BBMP's) Lakes team is barricading it and is deploying marshals to check on violators.

Earlier, the lake had multiple encroachments and has also been dealing with littering issues daily. Further, the lake hasn't been maintained as there is hardly any water inside the lake.

Residents pointed out that this was due to an ongoing litigation issue that the lake was involved in. They claimed that the government has not bothered to take care of the lake.

It is said that drainage water, from neighbouring apartments, let into the lake, has caused it to smell too. Some said that hotels in the area have been dumping food into the lake at night. The lake is surrounded by trees and has many vacant spots which have lately proved to be conducive to unwelcome activities, it is said.

However, with multiple requests from residents and due to residents pointing out the issue in the recent ward committee meeting, BBMP has taken action by temporarily barricading the lake and deploying marshals to penalise violators. Night patrolling too has been initiated to keep a watch on those dumping waste here.

Vishnu Prasad, member of Bellandur Development Forum, said, "The lake has been in a pathetic state for four years now. Garbage dumping has become a big menace and therefore we highlighted the issue in the ward committee meeting. With this, the BBMP Lakes team took the initiative to temporarily fence the lake and deployed marshals too. Permanent fencing needs to be carried out too, which BBMP will begin soon."

Marshals deployed by the Palike, guarding the lake, standing against the temporary barricades placed to protect the water body. Below: A glance at the "waste menace"

Back in July, BBMP cleared the encroachments. A resident was building a shed in the locality without permission and BBMP took action and cleared out the shed. Further, construction materials were also dumped across the lake bed and the Palike cleared them out. However the garbage problem continues to trouble residents.

> **"The lake has been in a pathetic state for four years now. Garbage dumping has become a big problem here** – Vishnu Prasad, member of Bellandur Development Forum

The residents have even asked for kiosks at the lake, the kasa kiosk is a one stop solution to provide a solution for the spillage from the transfer station leading to formation of black spots.

"The kasa kiosk will help in clearing the waste. We have asked BBMP to set up three kiosks. This will help solve the garbage issue and clear the black patch at the lake bed," said Prasad.

WoW aid for specially abled

Residents led by Women of Wisdom, demand to construct ramp at JP Nagar Metro station

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The residents of JP Nagar have urged the Metro to construct an additional ramp for commuters who find it difficult to climb up and down the stairs at the JP Nagar Metro Station. An exhibition, under the initiative, SUMA (Sustainable Mobility Accords) was held in JP Nagar by "Women of Wisdom" (WoW) for the same.

The aim of the exhibition was to showcase ideas that could be implemented in the 177th ward of JP Nagar to make streets more accessible for everyone in society. The model focuses on making the streets and roads safer and easier for the specially-abled residing in the area. The initiative put forth by the group aimed at ensuring that the streets and surroundings provide adequate safety and access to the specially challenged people of the area. WoW's secretary Shwetha told BM, "The objective to build the ramp is to eliminate the hassle that comes with the physical demand of climbing a flight of stairs. Another concept aims at reducing the height of the steps in staircases, along with an extended and textured hand rail that could be helpful for visually challenged people." Shwetha says that textured and coloured rails will help people with visual impairments to get a better sense of their surroundings.

During the exhibition, the authorities were urged to improve access to parks. Their proposed models also consider the idea for a park where specially challenged children can enhance their gross motor skills and engage in tactile learning processes. The members have requested the park to be located near the metro station which can be fully equipped with toys and accessories that are considerate of special children and their needs.

Waste management

Shwetha also said that they are working on plans that aim to reconstruct the stormwater drains existing in the area. She said, "These drains are not well maintained and act as an impediment to the process of creating a safe environment for everyone. Our initiative aims to ensure proper maintenance and covering of the drains that will increase the quality of life for the residents of this area."

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Debris and darkness

HSR Layout

A pile of debris and stones have not been cleared from 12th Main in Sector 7. The area also lacks working streetlights.

Muddy affair

Shivajinagar

A tiny mountain of mud is blocking the way on Armstrong Road. Will BBMP clear this?

Safety issue

Victoria Layout

Workers employed by BESCOM are working without the necessary safety gears, masks or covid-appropriate protocols near Anjaneya Temple Street.

Planning to get a driving licence? Just hang on

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What if you just put off your plans to get a driving licence for a bit and try non-motorised vehicles for longer? Even a bit can create a big difference, feels Sathya Sankaran, Bengaluru's Bicycle Mayor. So he has began an initiative 'Defer Your License', in order to make a sustainable change in the city-- asking those between 14 and 25 years to postpone their plan to get licences.

A concept under #My15MinCity, wherein one needs to cycle or walk at least 15 minutes a day, the Defer Your License initiative asks one to reduce the use of vehicles by teenagers and young adults. The campaign urges them to use other modes like walking, cycling, using public transport or shared transport for that time.

"In order to make a difference today, small steps to reach a huge goal is more than just a necessity. Being young adults, it isn't easy to take big responsibilities on our shoulders. Hence, why not help the environment using the resources we already have? Defer Your License provides an easy yet powerful path towards reaching the ultimate goal. With just postponing getting your licence, you can see that you are doing your part in saving non-renewable resources, reducing traffic in your city, creating better standards of living and not to mention, improving your health both physically and mentally," said Sankaran.

The initiative Defer Your License asks teens, young adults to opt for non-motorised modes of transport for a bit longer

The Council For Active Mobility (CFAM), revealed that as per statistics from from the Ministry of Road Transport and Highways, 10,622 persons under the age of 18 lost their lives to road crashes in India, accounting for 29 deaths on average every day. Further it was pointed out that a study done in 2016 found that, globally, only 1 in 5 adolescents aged 11 to 17 years were estimated to meet the required amount of physical activity.

Sankaran said that a Google form will be shared across social media, where students can pledge that they will promote active mobility among adolescents, implement in schools and colleges. Each school and college will have a champion, one student who will be incharge of spreading word on the campaign.

Even if one already has a driving licence, they can still be a part of this initiative by pledging not to use it or restrict the use of it as much as possible.

Bengaluru, my precious

House of 52 top companies of a sizeable worth, city is second most valuable in the country

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A file photo of the Wipro office campus in Bengaluru

It's official — Bengaluru is the second most valuable city in the country that houses premiere corporates in the country. With 52 top companies based out of Bengaluru, their total net worth is Rs 22,92,130 crore. According to 2021 Burgundy Private Hurun India, 500 companies have been listed from 43 cities across India, led by Mumbai (167), Bengaluru (52) and Chennai (38). These three cities make up over half the 2021 list. Among the States, Karnataka with 53 companies is next only to Maharashtra (200) in the list.

Among the top 10 valuable companies (Infosys and Wipro) of India, Bengaluru has two. The Burgundy Private Hurun India 500 is a list of the 500 most valuable non-state-owned companies in India, ranked according to their value, defined as market capitalisation for listed companies, and valuations for non-listed companies. The cut-off date used was October 30, 2021. This list refers to companies headquartered in India only. State-owned companies and subsidiaries of foreign companies are not included. To make it to the list, companies are required to have a minimum value of INR 5,600 crore, equivalent to US$750 million.

The report also highlights that India's most valuable companies keep getting more valuable, with the total value of the 10 most valuable companies rising five times in the last decade. "Value is perhaps the best way to measure a company's performance, since value takes into account not just the current performance of a company but also its future potential. Curiously, many of India's most valuable companies had surprisingly low sales. For example, credit Fintech platform CRED, whose sales were only Rs 108 crore in FY 21, was worth Rs 30,000 crore. Some companies have high sales, while their market value is relatively small. For example, Bengaluru-based jewellery manufacturer Rajesh Exports last year had sales of Rs 2,58,316 crore, whilst its market value was Rs 18,800 crore," the report stated. It highlighted that other state governments should take note of the fact that Mumbai is home to 33 per cent and Bengaluru 10 per cent of the companies in the list. The list wants the states to think why Mumbai and Bengaluru are different.

Start-ups

Interestingly, India's start-ups are producing some significant companies. Just under 11 per cent in the report are less than 10 years old. Of these startups, 53 are Unicorns and one is a Gazelle. Among the other listed companies, the average age of companies was 39 years. Around 44 per cent of the listed companies are run by professional CEOs.

Women power

Women make up 16 per cent of the board of directors from the list. As India's economy grows, the list is expected to become bigger, expect this percentage of women board directors to grow too. According to this list, some of the biggest employers of women in the country, led by Tata Consultancy Services with just under 2 lakh women employees. Some of the other interesting observations include; family businesses still make up the bulk of the Indian economy, with 78 per cent of the 500 companies. Around 75 per cent of the companies from the list are focused on the Indian market, whilst only 25 per cent operate globally.

> **Curiously, many of India's most valuable cos had surprisingly low sales... Some cos have high sales, while their market value is relatively small**
>
> –A point in the report

Covid effect

The list states that despite the Covid-19 pandemic, the cumulative value of the 500 companies grew by 68 per cent year on year to an average of Rs 45,300 crore. Around 461 companies saw their value increase, of which 200 of them doubled in value. Twenty companies rose by Rs 1 lakh crore, led by Reliance Industries, TATA Consultancy Services, Infosys, and ICICI Bank. The value creation is at historic highs as the total value of the listed companies is Rs 228 lakh crore (US$3tn), more than India's GDP in 2021 at current prices. Interestingly, covid vaccine producer Serum Institute of India increased its value by 127 per cent to Rs 1.8 lakh crore and is India's most valuable unlisted company.

Pilots to get wings from Karnataka

Soon, pilots will be trained in Karnataka as the Civil Aviation Department has permitted opening of Flying Training Organisations (FTOs) at Belagavi and Kalaburagi airport. Interestingly, Belagavi airport is one of the oldest airports in the country (established by Royal Air Force in 1942 and Indian Airlines commenced operations from 1947. Private airlines started operating from 1989) while Kalaburagi is the latest to have begun operations in November 2019.

Currently, out of the total Commercial Pilot License (CPL) issued by Directorate General of Civil Aviation (DGCA), the share of foreign trained cadets is about 40 per cent. In a reply to Rajya Sabha on Monday, Union Minister of State for Civil Aviation Gen VK Singh said that the India's largest flying academy has been permitted to carry out pilot training at Kalaburagi to enhance its flying hours and aircraft utilisation, which get severely affected during winter months due to visibility issues.

Flying Training Organisations will operate out of Kalaburagi and Belagavi airports

"The Airports Authority of India has, on September 25, 2020, come up with a liberalised Flying Training Organisations (FTO) policy wherein the concept of airport royalty (revenue share payment by FTOs to AAI) has been abolished and land rentals have been significantly rationalised. AAI has issued award letters this year for nine FTOs to be established at five airports at Belagavi (Karnataka), Jalgaon (Maharashtra), Kalaburagi (Karnataka), Khajuraho (Madhya Pradesh) and Lilabari (Assam). Soft launch of two FTOs at Kalaburagi was done on August 15 2021. DGCA has introduced a new Online On Demand Examination (OLODE) for the AME and FC candidates with effect from November 2021. These provide an opportunity to the candidates to choose the date and time to appear in the exam as per his/her choice on the available slots," Singh said. **—Sridhar Vivan**

Vaxxed, but not certified

CONTINUED FROM PAGE 1

asking me to visit the PHC where I received my second dose. I then went to the Gunjur PHC where I was again sent away: they said the OTP would be sent to the registered mobile number and without the OTP I cannot get the certificate. I contacted several people for help but no one knows how to get the certificate," she said.

Murali, a daily wager from Whitefield said he did not have a mobile phone and had registered his friend's number while getting the first dose.

"I did not know that the certificate was important. I was thinking only about taking the vaccination. I had met with an accident and visited the government hospital where they gave me a TT vaccine which I believed to be the second dose of the covid vaccine. For a long time, I did not know that my second dose was pending. Later, someone clarified that it was a TT vaccine that I had received. So I registered with someone else's mobile number to receive the second dose. That person too has returned to his hometown. Now I do not have the vaccine certificate with me. They are asking me for a certificate everywhere I enter but I do not know how to get it without having a mobile number of my own," he said.

A doctor from one of the PHCs said that there are many people who are approaching PHCs to get their vaccination certificate but they are not able to help those who have no mobile numbers as the OTP has to be

generated to download the certificate.

"Many people who changed their contact number and misplaced the downloaded certificate are contacting us and we are guiding them. For some, we are able to provide help by re-registering the second dose through different contact numbers. However, it's a little difficult to download the certificate for those who don't have a contact number," he said.

BBMP chief health officer Dr Balasundar AS said even without a registered mobile number, the certificate can be downloaded, and those who need assistance can call the BBMP helpline number.

"One needs to produce the Aadhaar card through which the vaccine certificate can be downloaded. We have informed all the PHCs to tell the public to keep their vaccine certificates on their mobile phones, or keep a hard copy," Balasundar told Bangalore Mirror.

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personal

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I, Lalitha Manickam Arul Thomas, R/a Jyoti Nivas College, Jyoti Nivas Industrial Layout, Koramangala 5th block, Blore- 95. I have Changed my name to LALITHA THOMAS. Vide affidavit dt:13/12/2021. Sworn before notary Saklesh Aradhya, Blore

I, Reshma .S R/o No.19, 10th cross, 1st Main, L.B Shastri nagar, HAL Old Airport road, Bengaluru 560017 have changed my name to RESHMA affidavit Dt.13/12/2021 Notary Muneer.A B'luru

I, Deepmala Dembani / Deepmala Sachwani W/o Mukesh Dembani R/o Arekere Bangalore have changed my name to Deepmala Sachwani Dembani for all purposes.

LOST & FOUND

I, Kritika Bhargava, have lost degree of B.COM(H) from University of Delhi (Roll no. 1971261) and Diploma in PDGM (E) with specialization in Financial Management from Institute of Management Technology - CDL, Ghaziabad (Roll no. 1620200081) in Bellendur, Bengaluru.

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GALLERIA

The house of Lakshminarayana

CONTINUED FROM PAGE 1

and 18 days and he is the son of god. After counselling and regular medications, he tells me now that he is a 34-year-old, who holds a postgraduate degree in Commerce, and is a resident of Poluvalli Thanda in Pavagada Taluk in Tumakuru district," Lakshminarayana told Bangalore Mirror.

After tracing Ramesh's family from NIMHANS records, Lakshminarayana contacted them. They would not entertain the calls thinking Lakshminarayana would demand money for treatment: "I called them up repeatedly and assured them I was not calling for money and that Ramesh requires his kin for a speedy recovery."

"The family needs to take care of only one thing, that Ramesh should take his medications regularly and care for him," said Lakshminarayana.

Lakshminaryana learnt that Ramesh's father had died less than two weeks ago, and this emotionally wrecked Ramesh. "An uncle of Ramesh from Bengaluru has offered to come and meet Ramesh, and talk to his mother and elder brother in the village to take him home," Lakshminarayana added.

Similarly, a migrant worker from Uttar Pradesh, who came to Bengaluru looking for work with his brothers, and had gone missing for a year, was rehabilitated by Lakshminarayana, and reunited with his family back in October.

Sunil Kumar (28), is a resident of a village near Ghazipur. His drug addiction had left him mentally unstable. He had gone missing a year ago, before he surfaced at a restricted area at the Kempegowda International Airport. The Central Industrial Security Force (CISF) picked him up on the night of September 18, and handed him over to the airport police.

Looking at his condition, the next day the police handed him over to Lakshminarayana's care.

While counseling, Lakshminarayana got to know that Kumar is from Chak Mirpur village. Lakshminarayana googled Chak Mirpur and gathered contacts of the local police. A cop at Ghazipur remembered a complaint about a boy gone missing in Bengaluru. Through the policeman, Lakshminarayana got in touch with Sunil Kumar's younger brother in Bengaluru who worked as a crane operator, thereafter leading to the brothers' reunion.

Likewise, a 27-year-old man found lying unconscious on the road was taken by the Siddapura police to NIMHANS. He was diagnosed with schizophrenia and incoherent speech disorder in June this year. After a six-month treatment at NIMHANS, police sought Lakshminarayana's services. Jinarul Mia was counselled and treated at the centre for three months after which he started to communicate a little. He remembered his name and a month later, said he was from Baburbona village in West Bengal. Later, with the help of a few migrant workers from the WB, who visited Mia's village and shared Mia's family contacts with Lakshminarayana, Mia successfully reunited with his kin.

Who is Lakshminarayana?

Once an alcoholic addict, who was disowned by his own family, Lakshminarayana got admitted to a rehab in the city. He was treated there for 90 days and was fully reformed thereafter. He worked at the same centre for four years, of which, two years he worked at the HIV centre's home care service where he and his family were residential caretakers.

In 2001, he started Sumana Ellen Trust at an abandoned poultry farm offered to him on rent by a landowner in Virgonagar. Initially, the centre began functioning as a free camp with 20 patients. Today, Lakshminaryana has around 43 mentally challenged guests, most of them reformed addicts, waiting to get reunited with their families. **(*name changed)**

4 killed, 10 injured in serial road accident on NH

Four people died on the spot and 10 others suffered severe injuries in a serial accident that took place on National Highway - 4 near Alur Cross in Chitradurga district on Monday.

According to police, an onion laden truck, en route to Bengaluru, turned turtle after one its tyres burst. As a result, the car coming from behind rammed into it. In an attempt to avoid collsion, two other trucks overturned.

As a result, the traffic on the national highway halted for hours. The deceased have been identified as Hanumappa Kalakappa Hunagundi (30), Gurappa Hugar (26), Ramesh (28), Prashanth Hatti (36), all from Gadag district. The injured have been shifted to Hiriyur Public Hospital.

Superintendent of Police G. Radhika, DySP Roshar Zameer, Circle Inspector Shivakumar have visited the spot and instructed to clear the traffic jam on national highway. **IANS**

Lots of students, but not enough books to go around

Academic year is getting on, but textbooks are yet to arrive at many schools

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More than 2.40 lakh students migrated to government schools this year due to the pandemic

Covid has created peculiar problems in the education sector. First, it forced the government to call off the II PU exams. Then, all the students who wrote SSLC exams were declared to have passed (except one). This resulted in many colleges reporting more than 100 per cent admissions. Now, many students of the first PU have no textbooks. The order for textbook printing was not planned according to the admissions of the students.

In fact, the education department has also failed to provide textbooks to school students even after half the year is over. Despite the education department assessing the increase in demand for government schools, it failed to print enough textbooks on time. With no option left, teachers are suggesting students use photocopies. Some are issuing books from the book bank.

Principal Secretary to Primary and Higher Education S Selvakumar says, "The shortage of textbooks hasn't come to my notice. Textbooks are necessary for quality learning. I will get information from the concerned officials and take action." The Karnataka Text Book Society publishes books in the pdf format on the website and students are advised to download and print from the website. But it is too expensive for poor students.

Record admissions

In the academic year 2021-22, 1,02,84,521 students took admission in schools. Among these, more than 2.40 lakh students have migrated from private to government schools. One lakh students were admitted to the first standard. Government ordered a total of 5,34,76,336 books to be printed and distributed. In the academic year 2020-21, all the SSLC students passed, PU admissions are in record numbers. There are more than seven lakh students admitted to first-year PUC. Commerce is leading the race with the highest admissions. These students are also facing the issue of the non-availability of textbooks. Minister for Primary and Secondary Education BC Nagesh, said, "There may be shortage of textbooks as the private schools haven't given the indent as per the student admissions. But, most of the government schools are provided with sufficient books. We will supply books to schools facing a shortage of books."

"Most government schools are provided with sufficient books. We will supply books to schools facing shortage –BC Nagesh, Minister

Gender stereotyping row: CBSE drops controversial passage

The Central Board of Secondary Education (CBSE) on Monday dropped a comprehension passage and the accompanying questions from the Class-10 English exam paper and decided to award full marks for it to students, following an outrage over the board allegedly promoting "gender stereotyping" and supporting "regressive notions". Earlier, CBSE had referred the matter to subject experts on Sunday and sought their feedback. In the Class-10 exam conducted on Saturday, the question paper carried a comprehension passage with sentences such as "emancipation of women destroyed the parents' authority over the children" and "it was only by accepting her husband's way that a mother could gain obedience over the younger ones", among others. Excerpts from the passage have gone viral on social media platforms. Congress leader Sonia Gandhi too raised the issue in the Lok Sabha, demanding withdrawal of the passage and an apology. "In this backdrop and on the basis of the feedback received from the stakeholders, the matter was referred to a committee of subject experts. According to the panel's recommendation, it has been decided to drop the passage and questions," CBSE Examination Controller Sanyam Bhardwaj said.

'Anti-conversion bill draft being studied'

Replying to a question about the proposed Anti-Conversion Bill at the ongoing winter session, Chief Minister Basavaraj Bomma said on Monday that the Law Department was studying the proposed draft and the bill would be introduced in the legislature session after the Department and the state cabinet clear it.

Reacting to statements from opposition leaders about their resistance to the bill, Bommai said, it is obvious that there would be pro and anti opinions about laws. However, the government would have to enact laws in the public interest. The issue would be debated, he said.

Meanwhile, state's Energy Minister V Sunil Kumar on Monday said that a law prohibiting 'love jihad' will also be introduced in the days to come. Love jihad' is a term generally used by right wing activists to refer to the alleged campaign of Muslims forcing Hindu girls to convert in the guise of love. He told reporters, "We had been stating from the beginning that the BJP government will bring in anti-cow slaughter and anti-conversion law, we are committed to it. I will go a step ahead and say that in the days to come we will bring a law against love jihad."

Remembering CDS

Meanwhile, cutting across party lines, members of the Karnataka Legislative Assembly on Monday demanded a thorough probe into the death of Chief of Defence Staff General Bipin Rawat along with his wife Madhulika Rawat and 11 others in a helicopter crash in Tamil Nadu's Coonoor on December 8. The winter session of the Karnataka legislature started by paying tributes to noted personalities of the country and the State who passed away recently including General Rawat and Kannada film actor Puneeth Rajkumar. Mourning the demise of General Rawat, Bommai said the entire nation was in a state of shock and sorrow. Bommai said the death was a great loss to the nation, adding, "It is a common notion that the military equipment and machines are safe but this incident has left everyone shocked."

CM says after Law Dept and State Cabinet clear draft, bill will be introduced in the ongoing session

Panchayat Raj Minister Eshwarappa said a sitting Supreme Court judge must probe the crash.

IN BRIEF

Omicron: 1 dies in UK due to variant

At least one person has died in the United Kingdom after contracting the Omicron variant of the coronavirus, Prime Minister Boris Johnson said on Monday, warning that the variant now accounted for 40% of infections in the British capital. Since the first Omicron cases were detected on Nov. 27 in the United Kingdom, Johnson has imposed tougher restrictions and on Sunday he urged people to get booster shots to prevent the health service from being overwhelmed.

Visiting a vaccination centre in London, Johnson congratulated those getting shots and handed out stickers before telling reporters that a patient had died from Omicron which he said could overcome those inoculated with two shots.

"Sadly at least one patient has now been confirmed to have died with Omicron," Johnson said.

4 held for giving fake report to SA national

Four persons were arrested in connection with providing a fake RT-PCR certificate to a 66-year-old South Africa national who tested positive for Covid-19, sources in the Health Department said on Monday. The South African, who was undergoing quarantine in a five star hotel after testing positive for Covid-19, had managed to escape to his country by producing a fake RT-PCR negative report before the authorities. According to police, two employees who worked in a software company in Bengaluru owned by the South African, and two staff members of a private lab, have been arrested for making the fake RT-PCR report. However, the South African fled to his country via Dubai through the fake report.

Contractors group threatens to stop work

The Karnataka Contractors Association has warned the state government on Monday that if their demands are not fulfilled, all contractors would stop work on the government projects from January 3, and stage a massive protest. The president of the Association D Kempanna who earlier made startling allegation that BJP leaders and bureaucrats are getting 40 per cent cuts in all projects, said the association has planned a massive protest on January 3 against the ruling BJP.

The government has to release Rs 22,000 crore for contractors who have executed projects for various government departments. Instead of releasing the dues, the government is trying to finish off contractors by implementing package contract systems. "The government should talk to us before January 3, otherwise all works would be stopped," he warned.

Don't want aid till justice is delivered
The Konyak civil society organisations here on Monday said that no ex-gratia from the government would be accepted until justice was delivered to all the 14 victims

BangaloreMirror | 8
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Recording wife's phone call is infringement of privacy: HC

#Chandigarh
A m Recording of wife's telephonic conversation without her knowledge is infringement of her privacy, the Punjab and Haryana High Court has observed. The court of Justice Lisa Gill passed the order last month on a plea filed by a woman who challenged a 2020 order of the Bathinda family court.

The Bathinda family court had allowed the woman's estranged husband to prove a CD pertaining to recorded conversations between him and his wife subject to the condition of its correctness. "Recording of telephonic conversation of the wife without her knowledge is a clear cut infringement of her privacy," observed the high court.

"Furthermore, it cannot be said or ascertained as to the circumstances in which the conversations were held or the manner in which response

PICTURE FOR REPRESENTATION ONLY

elicited by a person, who was recording the conversations, because it is evident that these conversations would necessarily have been recorded surreptitiously by one of the parties," it further observed.

The husband had submitted a petition in 2017 seeking a divorce from the woman. During cross-examination, an application was moved by the husband in July, 2019, seeking permission to submit his supplementary affidavit by way of examination-in-chief with the CD and transcripts of conversations recorded in memory card or chip of the mobile phone. In 2020, the family court allowed the husband to prove the CD subject to the condition of correctness, keeping in view Section 14 and 20 of the Family Court Act.

Thereafter, the wife approached the high court. **– PTI**

2 cops killed, 12 hurt in terrorist attack

Bus comes under fire in Zewan on the outskirts of Srinagar

#Srinagar
Two Jammu and Kashmir Police personnel were killed and 12 others injured by terrorists in the high-security Pantha Chowk area, on the outskirts of Srinagar city, on Monday, in a major terror strike in recent days that has exposed chinks in the security set-up.

The martyred policemen have been identified as Assistant Sub-Inspector Gulam Hassan of Ramban district and selection grade constable Shafique Ali of Reasi district. The condition of four of the injured personnel is reported to be critical.

Reportedly, two terrorists managed to come to the road to open fire at the police bus from the front, shattering the vehicle's windshield.

How could terrorists come to a road that is guarded by road opening parties (RoPs) to secure movement of vehicles of the security forces?

The area is one of the most densely built-up area so far as the presence of the security forces is concerned.

In addition to the headquarters of the armed police to whose 9th battalion the two martyred security personnel and other 12 injured belonged, there are camps of the other security forces and the army in the area.

The road on which the attack took place is frequented by vehicles of the local police and other security forces on a daily basis.

It is for this reason that RoPs are deployed in the morning and withdrawn in the evening only after the last security force vehicle has reached its destination safely.

Security personnel stand guard after terrorists fired upon a police vehicle near Zewan in the Pantha Chowk area of Srinagar on Monday; The police vehicle that was fired upon

The terrorists whose number is believed to be two, managed to escape after carrying out the dastardly attack.

The attack has taken place three days after two policemen were killed in Bandipora district. The developing scenario gives an impression that despite the best efforts of the security forces and intelligence agencies, the terrorists can still strike at will.

This proves that more needs to be done to ensure that such attacks do not recur in future. **—IANS**

Mini chopper, Rolex gifted to actor, luxury cars to her family: ED

#New Delhi
To win the confidence of Bollywood actress Jacqueline Fernandez, multi-millionaire conman Sukesh Chandrasekhar called her up and made her believe that he was speaking from Union Home Minister Amit Shah's office, reveals the charge sheet in the Rs 200 crore PMLA case lodged against him.

This call was made by Chandrasekhar to Shan Muthathil, the makeup artist of the actress, who was initially avoiding him but after the high-profile "call", she started talking to him. Chandrasekhar gave her a lot of luxury gifts which included Gucci outfits for gym wear, Gucci shoes, Rolex watch, 15 pairs of earrings, 5 Birkin bags, Hermes bangles and LV bags. He also gave a mini chopper to Jacqueline which she returned, as per the charge sheet.

The charge sheet reads that he also gifted a BMW car to Geraldine Fernandez, the sister of Jacqueline who is living in the US. As per the charge sheet he also gave around $1,80,000 and a Porche car to the mother of Jacqueline. However, the actress, in her statement, recorded before ED officials said that her sister took a loan of $1,50,000 from Chandrasekhar. She also accepted that he transferred around Rs 15 lakh to the account of her brother who lives in Australia.

Jacqueline Fernandez arrives at ED office for questioning, in New Delhi, on December 8

"I have been speaking to Sukesh since February 2017. In August 2021, he was arrested, after which I never met him. He told me that he is the owner of Sun TV and from the political family of Jayalalithaa," Jacqueline told the ED, reads the charge sheet. The ED filed this charge sheet last week.

Rohit Sharma ruled out of SA Tests due to injury

#HYDERABAD
The Board of Control for Cricket in India (BCCI) on Monday announced that opener Rohit Sharma has been ruled out of the Test series against South Africa due to a left hamstring injury picked during a training session on Sunday. In vice-captain Sharma's place, Gujarat opener Priyank Panchal has been named as the replacement in the Test squad.

SPORTS

"Team India Test vice-captain Rohit Sharma sustained a left hamstring injury during his training session here in Mumbai yesterday. He has been ruled out of the upcoming 3-match Test series against South Africa. Priyank Panchal will replace Rohit Sharma in the Test squad," said a release by BCCI.

Sharma had recently replaced fellow Mumbaikar Ajinkya Rahane as the vice-captain of the Test side apart from being promoted as India's white-ball captain. His absence is a big blow to India's plans of winning a Test series in South Africa for the first time. Sharma had scored 906 runs in 21 innings at an average of 47.68 and was India's highest run-getter in Test cricket in 2021. **– IANS**

It's a success: DRDO test fires SMART system

#New Delhi
India on Monday successfully tested a long-range Supersonic Missile Assisted Torpedo (SMART) system developed by Defence Research and Development Organization (DRDO). As per an official release of DRDO, the missile aimed at enhancing the country's anti-submarine warfare capability was launched from Balasore in Odisha.

"The weapon system is being developed by DRDO for the Indian Navy," said a defence official.

Defence Minister Rajnath Singh congratulated the teams involved in the successful test of the system and said that "the development of the system is a perfect example of building futuristic defence systems in the country."

"System will further enhance the strength of our Navy and promote self-reliance in defence, harnessing of expertise and capabilities," said Dr G Satheesh Reddy, chairman, DRDO. **– ANI**

Supersonic missile assisted torpedo system developed by DRDO successfully tested

HEALTH TIP: Honey is rich in anti-bacterial properties and is also a natural moisturiser

Coconut can help to improve heart health, aid in weight loss and make your digestive system stronger

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 29-year-old unmarried man. I am extremely addicted to sex. Every day I get this urge to engage in sexual intercourse with older women. I do sometimes engage in sexual intercourse with my ex-girlfriend. But, the problem is, when I ejaculate or when I engage in sex, the semen flows out within 30 seconds. I am very upset about this and nervous about how it may affect my future life. Please advise me of a permanent solution.
Start daily Kegel exercises, and continue doing them for life. Go online and look up other exercises that will help you to increase your duration.

2 I am a 45-year-old unmarried man. I regularly smoke, drink and visit sex workers, but I do not enjoy having sex. I lose my erection mid-way. My testosterone levels are normal. I am to get married soon and would want to improve my sexual health. I would be happy if you could prescribe a dose of medicines which will help me regain my libido.
You need an urgent change in your present lifestyle before you get married. A prescription will not help you. Please discuss your problem with a sexpert who can then prescribe appropriate medication.

3 I am 24 years old and want to know if it's safe to have oral sex without wearing a condom. My wife and I fear that there can be health complications if she swallows my semen. Are there chances of infection?
Since you have a trustworthy partner, you do not have to wear a condom. There is no health complication if she swallows semen. Of course, both of you should, as a routine, clean your genitals with soap and water.

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Never too hot to handle

Celeb hairstylist explains all that's there to know about heat damage to hair

Ria Bhatia
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It's no secret that everyone is going bonkers about that fresh-out-of-the-salon blow-out hair look and that it takes an insane amount of heat exposure to achieve that. In the era of having everything on point, we're aiming to look unbelievably Instagrammable, which honestly not just demands a lot of time and treatments but also invariably destroys the natural quality of your hair and skin. Speaking of hair in particular, the level of heat damage is increasing by the day and is silently ruining your natural locks. Add the damage caused by pollution, and your hair is definitely welcoming a mess. We spoke to celebrity hairstylist Priyanka Borkar on everything about heat damage and here's what she had to say.

What Is Heat Damage & How Does It Happen?

Heat damage is nothing but the dryness, dullness and lifelessness that you see in your hair in its natural form if you're a regular user of styling tools. "Excessive heat can permanently break the S-S or disulphide bonds which give strength to your hair. Heat that is more than 250 degrees can do irreversible damage and this can happen especially when the tools you use don't have steady temperature control. The high heat exposure can denature the protein and break the peptide bonds, resulting in easy protein leaching and therefore increased hair porosity wherein micro-tubes are formed inside the hair," says Borkar.

The Truth About Heat Damage Recovery

The high degree of heat emitted from styling tools is powerful enough to cause irreversible damage to your locks. It's worse when you're using heat tools daily. "Heat damage is not reversible, but it can be controlled and maintained. The proteins that you lose with heat damage can be restored with focused protein treatments and deep conditioning. To restore your hair back to its natural gloss and strength, I would recommend home remedies such as oiling your scalp and hair once a week using a coconut-based hair oil," suggests Borkar.

Best Ways To Avoid Heat Damage

Invest In Good Quality Tools: By good quality tools, we're particularly referring to tools that allow temperature control to reduce heat damage to its minimum. Furthermore, factor in the material of the tool also. For example, a ceramic iron is safer and gentler.

Pick Hair Protection Products: Heat protectant sprays aren't a fad so please don't use them sparingly. Additionally, pick up a conditioning hair serum and hair mask that ensures deep nourishment. "One must use heat protection before styling since it works as a barrier between direct heat and the hair shaft," confirms Borkar.

Befriend Coconut Oil: "Hair treated with coconut- based oil is more resistant to protein and lipid leaching from heat damage. Regular use also helps you with a more elongated heat straightening effect and, hence, leads to reduced frequency of heat treatment, leading to reduced heat damage," suggests Borkar.

Healthy Foods: "I would also recommend eating food that helps restore hair health like almonds, walnuts, flax seeds, spinach, guavas, cinnamon, and ginger. If you can, also include fish in your diet as it helps in the intake of healthy omega 3 and fatty acids," suggests Borkar.

Tips To Use Heat Tools Correctly

While nothing can cancel out the heat damage, there are always tips to use styling tools smartly that can help control it. "A lot of people tend to use serums after they are done with styling, but I believe in using them before styling. I think what's most important is that if you're going from wet to dry hair use a serum or a heat protectant spray/product before you go ahead with using heat. If you need to straighten your hair with an iron, I would say do a thorough blow dry as this will help reduce the number of times that you will need to use an iron. Additionally, a cold blow dry will help reduce the structural damage to hair on exposure to heat as there is a higher case of heat damage in case of wet hair as opposed to dry hair," explains Borkar.

MIRRORLIGHTS

Centella Asiatica: Boon for sensitive, blemished skin

If you haven't heard of Centella Asiatica, you must know about it now or you're depriving your skin of many benefits. Also known as Gotu Kola or Tiger Grass, Centella Asiatica has quickly made its way to serums, moisturisers, toners and more.
It is a natural herb and a powerhouse of essential nutrients for bettering the skin and is one of those ingredients that doesn't excoriate sensitive skin.
"Centella Asiatica is a soothing ingredient found generally in Asia. This ingredient became popular when Koreans started using it in skincare products. However, Indians have been using this herb for a long time as a medicinal plant that can be consumed orally too. In the skincare industry, it is used for acne-prone skin, and to soothe inflamed and irritated skin. If you have sensitive skin, you must add it to your skincare regimen," shares Harini Sivakumar, Cosmetic Chemist, Founder & CEO at Earth Rhythm.
"With high concentrations of flavonoids, triterpenic steroids, amino acids, and sugars, Centella asiatica extract significantly stimulates collagen synthesis. It is a better nourishing ingredient than vitamin C," reveals Sivakumar.
The ingredient is also known to be natural and gentle in character. "It madecassoside that works as an antioxidant and comes wrapped in a rich source of amino acids. It's a hydrating ingredient that soothes your compromised and irritated skin. It helps revitalise the skin's protective barrier and it mitigates the visible effects of sun damage too," Sivakumar adds. What's better, it works on all skin types due to its healing nature. **–Ria Bhatia**

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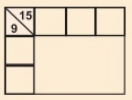
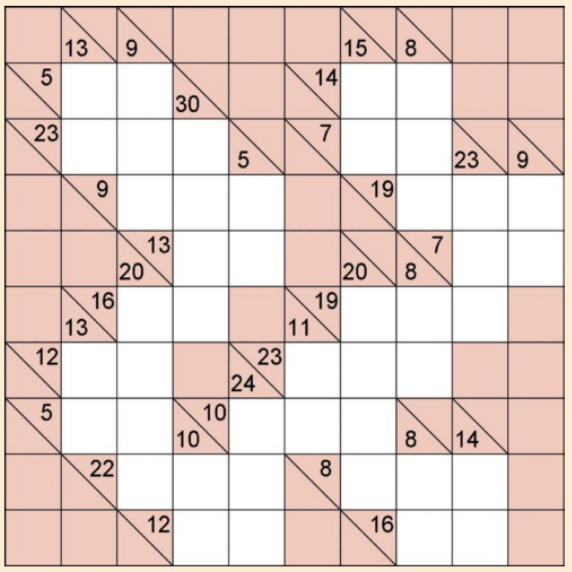
Kakuro

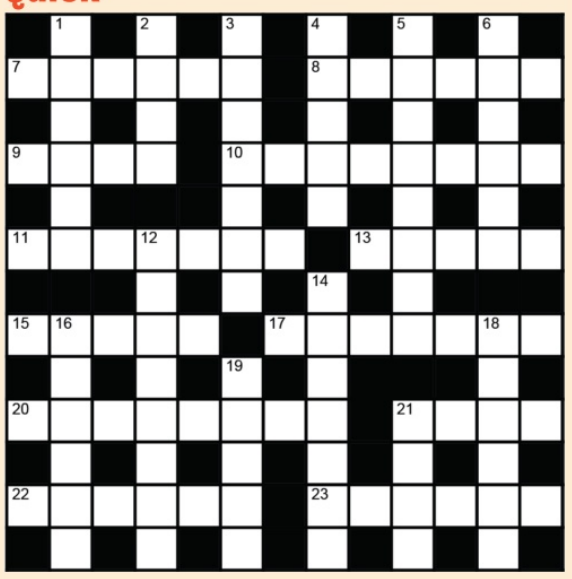
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Marionette (6)
8 Act of moving (6)
9 Microsoft's gaming console (4)
10 Overtly theatrical or histrionic (8)
11 Formed a queue? (5,2)
13 National park home to tigers, panthers and elephants (5)
15 Beat pulsatively (5)
17 Small docile canines (7)
20 Thinnest (8)
21 The stern of a ship (4)
22 __ out : protruded outward? (6)
23 Melted or softened (6)

DOWN

1 Capital of Maharashtra (6)
2 Highest point (4)
3 __ __ for : supported or sided with (5,2)
4 Drive into action (5)
5 Stretched; twisted (8)
6 Gloss or lustre (6)
12 Great crime (8)
14 Short oratorio (7)
16 Delayed (4,2)
18 Fumbles, feels for (6)
19 Is inclined? (5)
21 Implore or petition (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS H

O DOQ BG KBPA BQ FKTFT-KYBTQ YT YAM QIDLMK TN YABQCG AM POQ ONNTKW YT XMY OXTQM.

Linemaro

When I marry you, I wonder if god will be mad I stole one of his angels

Mindchow

Take everything in moderation. Including moderation

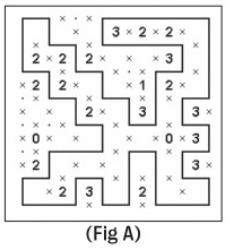
Joke of the day

A parent's note: My son is under a doctor's care and should not take PE today. Please execute him.

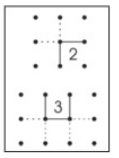
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

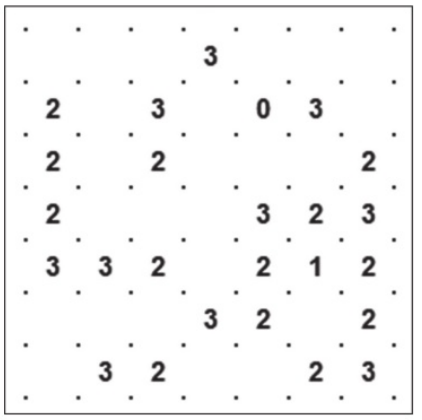


(Fig B) Not Allowed

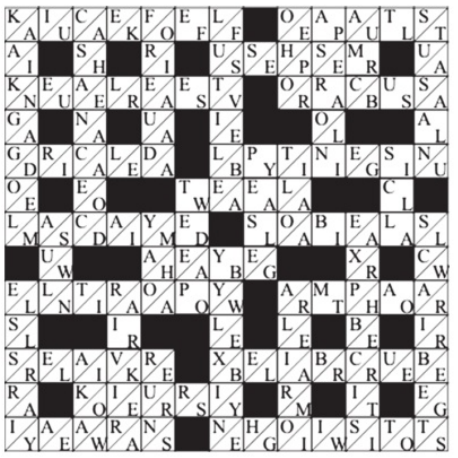
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



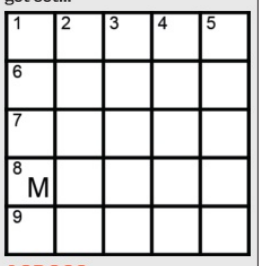
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

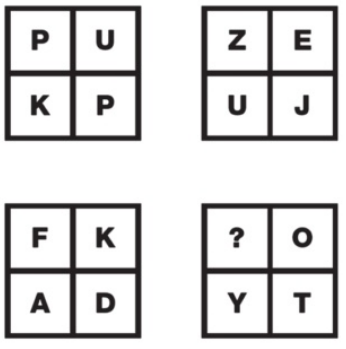
1 Carve; 6 Payer;
7 Tuile; 8 Emirs;
9 Baths

DOWN

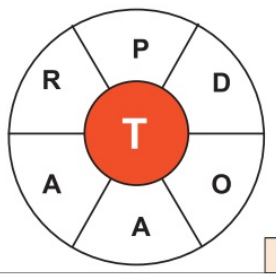
1 Mr Cub; 2 Irate;
3 Aphis; 4 At lev;
5 Y seer

Mensapuzzle

Which letter replaces the question mark and completes the sequence?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

6		5				2		3
	4	2				1	8	
	3			1			5	
1			7		9			4
			1		6			
5			2		4			7
	5			4			6	
	6	7				3	9	
2		3				4		5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

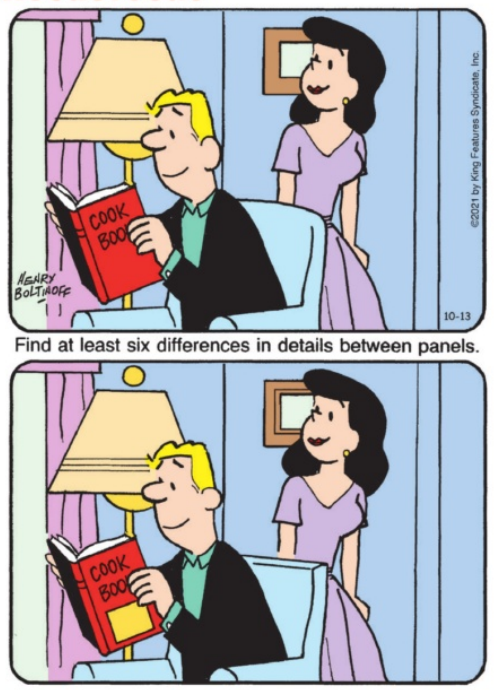
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 17
7 7 8 9

Medium = 25
3 4 7 8

Hard = 1
2 6 7 4

Hocusfocus



Find at least six differences in details between panels.

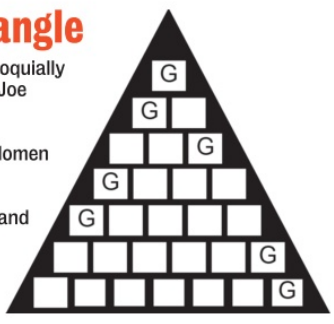
Differences: 1. Cover of book is different. 2. Ear is smaller. 3. Lampshade is different. 4. Hair is different. 5. Picture frame is different. 6. Back of chair is different.

Riddler

I can be as blue as the sky or have a white top. I roll through my world and crash into yours. I can be as gentle as a newborn puppy or as vicious as an angered bull, ripping through anything I find. I will topple anything you put in my way if I am strong enough. What am I?

Alpha triangle

1 One Thousand colloquially
2 American soldier Joe
3 Fix a fight
4 Facial contortion
5 Area between abdomen and thigh
6 Hollowing out
7 Moving forwards and backwards



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

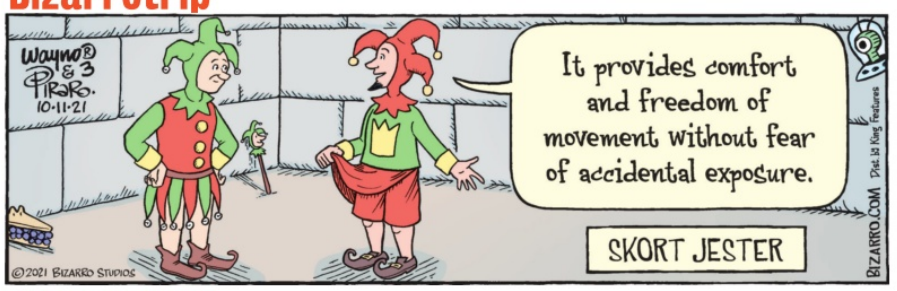
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

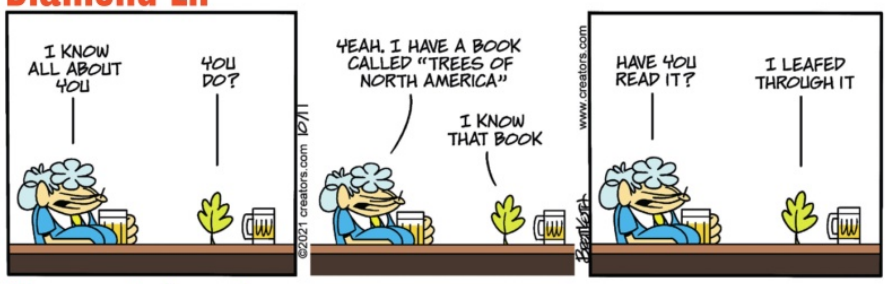
Redeye by Mel Casson

IT'S AMAZING, POKEY, HOW MOTHER NATURE FIGURES EVERYTHING OUT
LOOK AT LOCO... HIS MOUTH WOULDN'T REACH THE GRASS IF HIS LEGS WERE JUST AN INCH LONGER
I'LL HAVE TO REMEMBER NEVER TO WEAR HIGH-HEELED SHOES
Yates/Casson
9-30

Bizarrotrip


Wayno & Piraro 10-11-21
It provides comfort and freedom of movement without fear of accidental exposure.
SKORT JESTER
©2021 Bizarro Studios
BIZARRO.COM Dist. by King Features

Diamond Lil



Hart of the city

HEART! DO YOU WANT TO PLAY D&D WITH US?
WHAT'S D&D?
WE TALK ABOUT IT ALL THE TIME! IT'S DUNGEONS AND ALSO DRAGONS! IT'S A TABLETOP ROLE-PLAYING GAME!
A PLAY, HUH? HOW DO I AUDITION?
OH MY GOSH, HEART...
HAHA, I'M KIDDING! I'LL PLAY!
WE'RE OFF TO A GREAT START.
HEART OF THE CITY © 2021 AMORERIN'S MOMEEL
@OOMICS.COM/HEARTOFTHECITY

Crankshaft

ALMOST ALL OF THE INSTITUTIONAL MEMORY OF THE 'SENTINEL' IS RIGHT IN HERE...
AND THE REST IS GOING TO DISAPPEAR IN THAT UNFORTUNATE HARD DRIVE CRASH!
I'LL SEE YOU IN JAIL!
YOUR WORD AGAINST MINE.
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BATIUK & DAVIS
10-7

Mutts

I WILL NOW CAST A SHPELL FOR US TO TRAVEL- BACK IN TIME!!!
POOF!
WOW.
I WILL NOW CAST A SHPELL FOR US TO TRAVEL- BACK IN TIME!!!
MUTTS ©2021 PATRICK MCDONNELL DISTRIBUTED BY KING FEATURES SYNDICATE
10-18

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be happy and are blessed by the moon. You may feel healthy, which may reflect in your way of working. You may perform well in all areas of life, which may boost your prestige. You may have good concentration today. You may make some difficult decisions for your business for its growth.

Taurus Apr 21 – May 20
Today your vital power may slow down. Old diseases may reappear, which may make you upset. Avoid adventurous tours or rash driving. Avoid ligations; settle things outside the jury. You may also plan a short trip.

Gemini May 21 – Jun 21
Today you may begin your day with happiness. You may make quick decisions, which may improve your management skills and yield benefits in the near future. You may expect to gain a new source of income, which may boost your savings. With the help of your business partner, you may invest in the business. Your bonding with the spouse will improve, which may result in developing harmony in domestic life.

Cancer Jun 22 – July 23
Today, you may be busy at work. Due to mental fatigue, you may not be able to give time to your family. With the help of elders' blessings, job seekers may find a high-position job. Managers may get promoted to top management. You may get rewards, which may increase your status. Professionally you may do better.

Leo Jul 24 – Aug 23
Today you may feel some positive vibrations around you, which may show you the right path. Peace in mind will help your performance on every front and this will be noticeable. Your destiny is with you. You may plan to visit a religious place, which is somehow far from your territory. Your inner sense may ask you to do some charity. You may also hear some good news in terms of grandchildren.

Virgo Aug 24 – Sep 23
Today you may feel some internal weakness. Some major health issues may reoccur. You may not be able to enjoy both domestic and professional fronts. Ongoing projects may stop unexpectedly. This may make you upset. Drive safe. Elders' blessings may help you to come out from a messy situation.

Libra Sep 24 – Oct 22
Today you may feel some positive vibration around you. Things are under control. You may plan to start a new business in a partnership. You may expect some long-distance travel also. You develop faith in your spouse, which will bring harmony in your domestic life.

Scorpio Oct 23 – Nov 22
Today is a good day for you. Investors may get good gains in their investments. This may boost your financial health. Money which was stuck, may get recovered. This may increase liquidity in the business. You may become confident and establish control over hidden enemies and opponents. Singles are likely to find their match in the same field or work place.

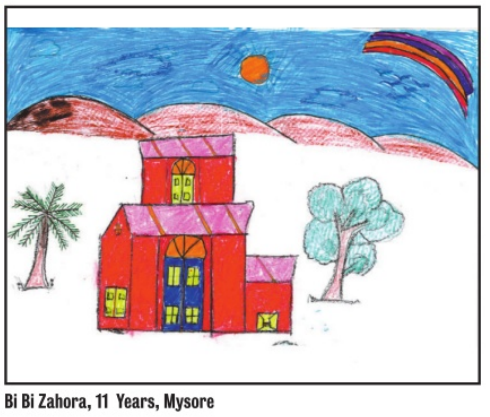
Sagittarius Nov 23 – Dec 22
Today, you may feel dissatisfied. You may not be able to handle your responsibilities. Your investments may yield loss. You are advised to read documents carefully before signing them. Parents' health may make you upset. You may plan to reconstruct your office; postpone renovations for now.

Capricorn Dec 23 – Jan 20
Today, you may plan to migrate from your current place to another place. Think twice before making decisions regarding migration or change of place. You may also plan to change your job. You will have peace in your mind. Kids' health might make you upset. It is advised to avoid speculation in the investments. Love birds must practice patience before making an important decision in terms of marriage.

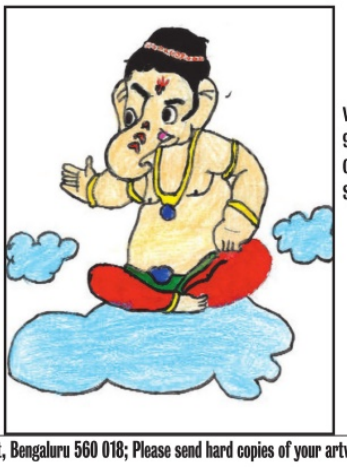
Aquarius Jan 21 – Feb 19
Today, you may have good patience. Meditation may help you to develop concentration, which may help to speed up your project. Your subordinates may cooperate with you. This may help you to complete the project before time. You may have short travel plans, related to work. An influential person may help you to boost your network.

Pisces Feb 20 – Mar 20
Today, you may be busy with family or social events. You may be polite to the people around you, which may increase your prestige among them. You may spend money to buy some artefacts or household stuff, which may improve your social status. You may hear some good news from one of your relatives.

KIDZONE



Bi Bi Zahora, 11 Years, Mysore



Vilas Prasanna, 9 Years, New Oxford English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$\sqrt{4} + \sqrt{4}$
$2 + 2 = 4$

RIDDLER Wave

QUOTE UNCODE
A man is rich in proportion to the number of things he can afford to let alone.

BULL'S EYE
adapt, ADAPTOR, adopt, aorta, apart, atop, dart, data, drat, part, port, rapt, tarp, toad, trap, trod

B	A	H	T	S		
U	T	I	S	E	R	
M	I	S	E	R		
C	R	A	V	E		
R	E	P	A	Y		

FAST FIVE

STRIKE OUT

Y	E	A	R	N		E	G	O	I	S	T	S		
A		K	E	R	R	Y	M		T		E			
S		I		E		L	E		I					
E	N	T	R	O	P	Y		A	T	P	A	R		
M	A	D	A	M	E		L	A	B	E	L	S		
O		E		W	E	A	L		L					
D	I	C	E	D		L	Y	I	N	G	I	N		
G	N		A		I		O			A				
I	H	R		U	S	H	E	R		U				
N	E	A	R	E	S	T		O	R	C	U	S		
K	I	C	K	O	F	F		O	P	A	L	S		

QUICK

M	A	S		I		S		P						

MENSA PUZZLE
Z. Read the diagram as a whole grid of 4x4 squares. Starting on the bottom left square, move clockwise around the outside of the whole square, with letters written in sequence, skipping 4 letters at a time. Repeat this instruction for the small inner square.

SUDOKU

2	8	3	6	9	1	4	7	5
4	6	7	8	2	5	3	9	1
9	5	1	3	4	7	8	6	2
5	9	8	2	3	4	6	1	7
3	7	4	1	5	6	9	2	8
1	2	6	7	8	9	5	3	4
8	3	9	4	1	2	7	5	6
7	4	2	5	6	3	1	8	9
6	1	5	9	7	8	2	4	3

ALPHA TRIANGLE
G, GI, RIG, Grin, Grain, Goring, Rocking.

GO FIGURE
Easy
$8 + 7 - 7 + 9 = 17$
Medium
$8 - 4 \times 7 - 3 = 25$
Hard
$4 + 6 - 7 - 2 = 1$

LOOP

KAKURO

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Kareena, Amrita are covid-positive

Kareena Kapoor Khan and her best friend Amrita Arora tested positive for Covid-19 on Sunday. Kareena said she was feeling okay and hopes to be up and about soon.

Shoots, eats and leaves!

On last day of shoot, Prabhas treats Deepika to Hyderabadi food

Deepika Padukone was recently busy shooting for the first schedule of 'Project K' with Prabhas in Hyderabad. The Nag Ashwin directorial also stars Amitabh Bachchan in an important role. Deepika and Prabhas recently wrapped up their first schedule.

On the last day of shoot, Prabhas treated the actress with scrumptious Hyderabadi food. Deepika took to her Instagram story and gave a glimpse of the same. In the picture, the entire table can be seen filled with different dishes. It is a known fact that Prabhas is a foodie and loves to eat different cuisines. Sharing the pictures with her fans, Deepika wrote, "#IfYouKnowYouKnow" and tagged Prabhas and Nag Ashwin.

After wrapping the shoot, Deepika left from Hyderabad and boarded a flight. She shared a picture of the sky from the flight and wrote, "You were lovely #Hyderabad ... Until we meet again...#ItsAWrap #Schedule1 #ProjectK @actorprabhas @nag_ashwin"

After returning from Hyderabad from her schedule wrap, she will soon be starting promotions for her next '83 with Ranveer Singh and working on multiple films.

Makki di roti awaits

Mum of queen of the universe can't wait to hug, feed her

In an exclusive conversation with ETimes, Miss Universe 2021 Harnaaz Kaur Sandhu's mother Ruby Sandhu shared her emotions on her daughter's win. "Right now, I am super excited and cannot express my feelings. I'm getting goosebumps after her win. You can say these are a mother's feelings," shared Ruby Sandhu.

Constantly praying for her daughter's success, Ruby Sandhu did not watch the ceremony hosted in Israel and being telecast globally. She shared, "I didn't watch the ceremony as I was praying in the Gurudwara. I was only praying that Harnaaz should win the crown and had told God that I will only go home if my daughter wins. My kids were updating me constantly. When she reached the Top 3, I got very emotional. When Harnaaz won, I was crying like a baby and my tears welled up in my mask. I am thankful to God for this win..." When we asked Ruby Sandhu about the first thing she will do when Miss Universe 2021 returns home, the emotional mom quipped, "I am going to hug her tightly. I haven't had a chance to speak to her at length since the past three-four months. Also, I am going to feed her makki-di-roti. She has been missing that a lot."

A wow answer

During the final round, Sandhu was asked what advice she would give to young women on how to deal with the pressure they face today. She said, "The biggest pressure the youth of today is facing is to believe in themselves, to know that you are unique and that's what makes you beautiful. Stop comparing yourselves with others and let's talk about more important things that's happening worldwide. This is what you need to understand. Come out, speak for yourselves because you are the leader of your life, you are the voice of your own. I believed in myself and that's why I am standing here today." —ETimes

BEEN THERE... AND FEELING SO PROUD

Prior to Harnaaz, Lara Dutta Bhupathi had won the crown 21 years ago at the turn of the millennium, and Sushmita Sen had won it in 1994. Celina Jaitly and more recently, Adeline Castelino concluded their Miss Universe pageant journeys in the top five.

Lara, who was busy with a shoot, took time off to express her joy. She says, "I'm overjoyed and thrilled at Harnaaz's win at Miss Universe! She was a strong contender throughout and was an exemplary representative for India on the world stage! After 21 long years, it's a billion dreams come true! I wish her a glorious reign ahead and many great adventures as the new Miss Universe."

Sushmita Sen is super proud of Harnaaz Sandhu too. Taking to her Twitter handle, Sushmita shared a few stunning pictures of Harnaaz and wrote: "INDIAAAAAA Soooooo proud of you!!!! Congratulations... Thank you for representing India so beautifully!! May you reign supreme!!"

Parineeti to make her TV debut with a reality show

After leaving the audience impressed with her performances in 2021, actress Parineeti Chopra is all set to make her TV debut with a reality show. She will be seen with Karan Johar and Mithun Chakraborty.

She took to social media and expressed her excitement of making her television debut. In a series of tweets, the actress wrote, "I have always been aware of my love for TV. Being most comfortable on stage with a live audience , and obsessed with meeting people and hearing their stories, it always felt like a natural fit. Now the challenge was to just find the right show!"

Speaking about it, Parineeti shared in a statement, "I have always loved being on stage and interacting with a live audience and I was aware that reality television shows would give me the chance of meeting people from parts of India whom we don't get to interact with easily and hear their stories. I would get offers to be a part of reality shows but none of the shows felt right, this is the show which felt right as it gave me the scope to do both of these things." She added, "It is an absolute honour for me to share this stage with Karan Johar and Mithun Da, who are stalwarts in their field and are truly legends."

'Smita's mind and heart were in conflict'

Smita Patil was a paradox. Terrific and tragic. She front-lined the parallel movement along with graduates from the high-brow institute. In a career spanning just a decade, she was the first living Asian actor to have a retrospective of her films beamed in Paris, hosted by Greek filmmaker Costa-Gavras.

A beacon for women browbeaten and beleaguered in film after film, even in commercial jaunts, her characters vocalised their torment. Off-screen too she was a crusader for women empowerment. Yet she left her admirers stumped with her personal trajectory. Someone who spelt freedom became a captive of choices.

Close friend and filmmaker Aruna Raje, who was privy to the private world of the actress, reveals unknown facets of the trailblazer:

Smita and you shared uncanny similarities...

We shared a strange soul connection, like soulmates, though I was nine years older than her. Funnily enough, there were many common factors in our backgrounds. We were both born on Laxmi Road, Pune. We shared the same surname Patil and the same birthday – October 17. Numerically, that adds to numeral 8 – a number that mystically suggests extreme highs and lows, which we both went through in life. Also, the occurrence of the numbers 8 and 4 in our lives consistently. She left us on the 13 th of December, which again adds up to 4. We were both dusky. My mother Puttamma, universally

known as Mummy Patil in Karnataka, and Smita's mother Vidyatai, were rock solid women, who stood for women empowerment. Our fathers were both freedom fighters and involved in politics. Both were ministers. My father was part of the Moraraji Desai ministry in the old Bombay State and later in Karnataka. Smita's father (Shivaji Rao Patil) was a minster in Maharashtra. —ETimes